



Bellringer

July 2024

Instead of telling you what to believe, we thought you might have a few ideas of your own



July 7: How to talk to the worst parts of yourself | Karen Faith | TEDxKC. People researcher and empathy trainer Karen Faith found it easier to welcome strangers than the strange parts of herself, until a breakthrough moment changed that for good. In this honest and funny talk, she shares the story for everyone who struggles with self-acceptance. Karen Faith is an ethnographer and strategist whose work has guided teams and initiatives. Service Leaders: Lynda Garvin and Brian Warren.

Children are always welcome, but during the summer there will be no Religious Education classes or child care provided. Activity kits will be available to use for children accompanying their family.

July 14: The Last Airbender, Part 1. "Pluralism - Saving the World, Together!" We'll watch a video recording of an Oberlin service offered by Rev. Mary and Ryan Mincey based on the cartoon series, The Last Airbender. In the series the missing and long-awaited Avatar, master of all four elements, is found at the brink of the Fire Nation conquering the world at the tail end of a century long war. Avatar Aang can only stop this potential global disaster by collaborating with others from the Water Tribe, the Earth Kingdom, and yes, even the Fire nation,

bringing the world back into balance and peace. Aang starts his journey being a master of air bending, but as his companion Katara shares, "he has a lot to learn before he's ready to save anyone. But I believe Aang can save the world."

Please join Mary Palmieri for our intergenerational drum circle this Sunday, following the service! Feel welcome to bring a friend or two!

July 21: Those Who Hope: "Our lives, sometimes much of our lives are in the past, but all of our hopes still lie in the future because experience tells us that the winds of time blow only in that direction." This talk is about hope and how it shapes our lives and the lives of others and how it gives meaning to us and to those who come after us. Speaker: Bob Mulkins. Service Leader: Fran Mulkins

July 28: The Last Airbender, Part 2. "Renewal - Saving the World by Renewing Relationships" We'll watch the second video recording of the Oberlin "Airbender" program offered by Rev. Mary and Ryan Mincey. In season three of The Last Airbender, Aang seeks to master the elements and ultimately bring balance to the world. Aang faces internal and external challenges, and his journey reflects the cyclical nature of renewal. The theme of renewal is also shown through the personal growth and transformation of other characters including Zuko and Uncle Iroh, whose relationship is shattered and then rebuilt, mirroring the theme of renewal on both a societal and individual level. Join us for this service exploring the idea of forgiveness, redemption, and the potential for a new beginning.



Programs/Meetings



Adult Programs

Meeting type - whether in person, Zoom only, or both - is noted below. Active links for Zoom meetings are published in the weekly e-Bellsound.

Sundays

Meditation with Mudras: July 28, 12:15-12:45 pm (in person). Mudras bring meditation practice into the body with accessible hand positions and movement. They calm the mind, relax and empower the body and spirit. Facilitated by Emily Williams. All are welcome.

Wednesdays

Monthly UU Poetry Group: (2nd Wednesdays) July 10, 2-3 pm (Zoom). Poems to Live By, Poems to Wake Us Up. Bring a poem or two that speaks to your heart or our times. Come to listen. All are welcome.

Thursdays

Deepening Circles Meditation (DCM): Thursdays, July 11, 18 & 25, 10:30-11:30 am eastern (Zoom).
Note: Not meeting on July 4.

All are welcome. No previous experience required. We read the book together. Led by Rev.

Mary. No charge to members and friends of the congregation.

Wisdom Dreams: July 11, 1:30-2:30 pm (Zoom). Bring a dream (or dream image) to share. Explore the messages, meanings, and metaphors, wisdom and humor of dreams. All are welcome.

WISE Women - Women-in-Spirit-Evolving: July 18. Listen, share, support and celebrate what's emerging in our lives. Instead of the regular meeting, the group will meet for lunch - time and place to be announced. All women are welcome.

Committees & Teams

Sunday Services Committee: Tuesday, July 2, 4-5 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, July 10, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, July 18, 4-5 pm (Zoom). Update current programs, envision and plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, July 1, 8, 15, 22 and 29 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, July 24, 7 pm (In person at Oberlin UU & Zoom). This covenant group focuses on returning to the heart of Jesus consciousness and Christian renewal within Unitarian Universalism.



July Calendar

Meeting type - whether in person, Zoom only, or both - is noted below. Active links for Zoom meetings are published in the weekly e-Bellsound.

Monday, July 1

7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Tuesday, July 2

4:00 Sunday Services Committee (Zoom)

HAPPY FOURTH OF JULY

Sunday, July 7

11:00 TEDXKC Service: How to talk to the worst parts of yourself (In person)
12:00 Coffee Hour (In person)

Monday, July 8

7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, July 10

2:00 Poems to Live By (Zoom)
6:30 Board of Trustees (Zoom)

Thursday, July 11

10:30 Deepening Circles Meditation (Zoom)
1:30 Wisdom Dreams (Zoom)

Sunday, July 14

11:00 Sunday Service: The Last Airbender, Part 1 - "Pluralism - Saving the World, Together" (In person)
12:00 Coffee Hour (In person)

Monday, July 15

7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Thursday, July 18

10:30 Deepening Circles Meditation (Zoom)
-- WISE Women Lunch (Time & Location TBD)
4:00 Adult Programs Team (Zoom)

Sunday, July 21

11:00 Sunday Service: Those Who Hope (In person)
12:00 Coffee Hour (In person)

Monday, July 22

7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, July 24

7:00 What Would Jesus Do? (In person at Oberlin UU & Zoom)

Thursday, July 25

10:30 Deepening Circles Meditation (Zoom)

Sunday, July 28

11:00 Sunday Service: The Last Airbender, Part 2 - "Renewal - Saving the World by Renewing Relationships" (In person)
12:00 Coffee Hour (In person)

Deadline for the August issue of the Bellringer is Monday, July 29.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

5050 Porter Road, North Olmsted, Ohio 44070 / 440-777-6622 / office@olmsteduu.org / www.olmsteduu.org

Staff / Coordinator of Religious Education: Sheryl Chow - spa1012@yahoo.com

Office Manager: Cathy Ross - office@olmsteduu.org

Board / Fran Mulkins & Zella Zelle - Co-Presidents, Eric Jaworowski - Past President, Kay Potetz - Treasurer
Jen Biermann, Jim Carney & Linda Rich - Trustees